



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IS YOUR WEIGHT PUTTING YOU AT RISK?

- 16 weekly sessions, then once monthly for the remainder of the year
 - Chance to work with others in a small group setting
 - Each session led by a trained Lifestyle Coach
- Fee based program (please ask about our financial aid and payment plans)

MEET YOUR WEIGHT LOSS AND ACTIVITY GOALS !

Question	Yes	No
Are you a woman who has had a baby weighing more than 9 pounds at birth?	1	0
Do you have a sibling with diabetes?	1	0
Is one or more of your parent's diabetic?	1	0
Find your height on the chart. Is your weight above normal listed for your height? (see chart)	5	0
Are you under 65 years old and get little or no exercise in a typical day?	5	0
Are you between 45 and 64 years old?	5	0
Are you over the age of 65?	9	0
Add Your Score		

If you scored a 9 or higher, then you may be at risk for prediabetes or diabetes, and may qualify for the program.



**NEW CLASS
STARTING
MARCH 24 AT
6:00 PM**

Height	Weight (lbs.)	Height	Weight (lbs.)
4'10	129	5'8	177
4'11	133	5'9	182
5'0	138	5'10	188
5'1	143	5'11	193
5'2	147	6'0	199
5'3	152	6'1	204
5'4	157	6'2	210
5'5	162	6'3	216
5'6	167	6'4	221
5'7	172		

FOR ADDITIONAL INFORMATION

CONTACT PAMELA, CHRONIC DISEASE COORDINATOR

Pamela.lowe@ymcatvidaho.org, or call (208) 344-5502 ext 207

YMCA'S DIABETES PREVENTION PROGRAM